



# COOKOUT CONTEST

(entry form due July 11, 2022)

I plan to enter the Warren County Farm Bureau Cookout Contest during the Hartford BBQ Bash on Saturday, July 16, 2022.  
I have read the official rules for the Warren County Farm Bureau Cookout Contest.

Contestant Name/Team Name: \_\_\_\_\_  
(if team, list out all team members: \_\_\_\_\_)

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Category or Categories you will enter meat in the contest: \_\_\_\_\_  
(see options below)

- INDIVIDUAL (*can enter multiple, however if a person wins more than one category, must choose which will go to state*)
  - PORK  BEEF  LAMB  POULTRY  TURKEY
  - COMBO/SPECIALTY (*combo-a recipe combining two or more meats from the eligible meat categories. example, (sausage & hamburger mixed to combine one dish) Specialty-lowa domestically raised meats including, venison, goat, fish, etc., excluding wild game.*)
- YOUTH DIVISION Age 13-18 years old as of August 16, 2022
- SHOWMANSHIP
  - This category is open to all contestants (*excluding Team*).
- TEAM (A team must consist of 2 to 4 members and are encouraged to have a coordinated theme) TEAMS ARE NOT ELIGIBLE FOR COOKOUT CHAMPION.

Please return this form with your suggested donation of \$20 for the City Sign Project to (checks payable to Hartford Betterment Committee): City of Hartford, c/o Hartford Betterment Committee, PO Box 910, Hartford, IA 50118

By signing this document, the contestant agrees to abide by all rules and regulations set forth or established by the Warren County Farm Bureau. Contestant understands there are inherent risks in participating in any cookout. In consideration of the acceptance of this entry, contestant hereby waives and releases themselves, heirs, executor, or anyone who might claim on their behalf, covenant not to sue the event directors, event officials, Warren County Farm Bureau or volunteers from all claims or liability for death, personal injury, illness or personal damage of any kind arising out of the course of participation in this event. Contestant also grants full permission to the event organizers, to have free use of contestant name and picture or video in photo, print, social media, etc. of this event for any purpose. If competing as a team, each team member must sign.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



### **ELIGIBILITY**

Any Iowa resident 13 years or older is eligible to participate in the WCFB Cookout Contest.

### **HOW TO ENTER**

Interested grillers should visit (Hartford Website) for contest information. In order to compete in the Iowa State Fair contest, participants must have competed at the county level and won their category. The Warren County Farm Bureau office will submit those winners interested in competing at the state level.

### **ENTRY CATEGORIES**

Each participant may enter more than one individual category at the WCFB Contest.

- **INDIVIDUAL:**
  - PORK
  - BEEF (no brisket due to time constraints)
  - LAMB
  - POULTRY
  - TURKEY
  - COMBO/SPECIALTY

*A recipe combining two or more meats from the eligible meat categories.*

*Specialty Iowa - Domestically raised meats including venison, goat, fish, etc. excluding wild game.*
- **YOUTH (13-18 years old as of 8/16/22)**
- **SHOWMANSHIP**
- **TEAM**

### **CONTEST RULES**

The delivery and loading/unloading of all equipment including meat and grill is the responsibility of each contestant. Good food handling and preparation guidelines must be followed.

### **INDIVIDUAL CATEGORY RULES**

Only Individual Category winners are eligible to advance to the Iowa Farm Bureau Cookout Contest at the Iowa State Fair.

### **YOUTH CATEGORY RULES**

Youth winner(s) will advance to the Iowa Farm Bureau Cookout Contest at the Iowa State Fair, where the winner there receives a gas grill from the Iowa Propane Association. Youth must be 13-18 years old as of 08/16/2022 to advance to the Iowa State Fair.

### **SHOWMANSHIP CATEGORY RULES**

Pre-registration is required in order to compete in the showmanship category.

### **TEAM CATEGORY RULES**

A team must consist of 2-4 members. Team members are NOT eligible to compete in the Individual Category. Teams are encouraged to have a coordinated theme. Team members are NOT eligible to win the title of Cookout Champion or the Showmanship Award.



**WARREN COUNTY  
FARM BUREAU**

**PEOPLE. PROGRESS. PRIDE.®**



### **COUNTY CONTEST AWARDS & PRIZES**

Prizes will be given to the following:

- 1<sup>st</sup> place for each Individual Category
- Youth Category Winner
- Showmanship Category Winner
- Team Category Winner

(if a contestant wins more than one category, they must choose which to advance to state. 2<sup>nd</sup> place winner in the category will then advance to state)

### **STATE CONTEST AWARDS & PRIZES**

Prizes will be given to the following:

- Iowa Farm Bureau Cookout Champion
- 1<sup>st</sup> and 2<sup>nd</sup> place for each Individual Category
- Youth Category Winner
- Showmanship Category Winner
- Team Category Winner
- 

### **IMPORTANT DATES**

**July 16:** Warren County Farm Bureau Cookout Contest during Hartford BBQ Bash

- 9:00 a.m. Registration
- 11:00 a.m. Judging begins
- 12:00 p.m. Announcement of Winners

**August 8:** Deadline for county Farm Bureau to submit State entries

- August 9:** Mailing of contestant packets
- August 16:** Cookout Contest at State Fair
- 8:00 a.m. Registration
  - 10:00 a.m. Judging begins
  - 12:00 p.m. Announcement of Winners

# IOWA MEAT CATEGORY SCORECARD

Contestant No. \_\_\_\_\_ Category \_\_\_\_\_

Judge's  
Score      Maximum  
                 Points

## Taste

- \_\_\_\_\_ 30 Taste/Flavor.  
\_\_\_\_\_ 15 Juiciness/Tenderness.  
\_\_\_\_\_ 10 Overcooked/Undercooked.  
\_\_\_\_\_ 10 Pleasing texture.

## Appearance

- \_\_\_\_\_ 15 Appetizing color, is the garnish attractive? Does the prepared product have eye appeal?

## Originality

- \_\_\_\_\_ 10 Is the recipe suitable for outdoor cooking?  
\_\_\_\_\_ 10 Is it an original idea, or a good adaptation?

\_\_\_\_\_ 100 Total Possible Points.

\_\_\_\_\_  
Judge's Signature

### NOTE:

Contestants are judged on their meat preparation only. Showmanship is judged separately.



# SHOWMANSHIP SCORECARD

Contestant No. \_\_\_\_\_ Category \_\_\_\_\_

Judge's  
Score      Maximum  
                 Points

\_\_\_\_\_ 10 Use of side dishes to complement meat dish.

\_\_\_\_\_ 10 Contestant's apparel. (Suitable for outdoor cooking.)

\_\_\_\_\_ 35 Chef's Knowledge of product and use of equipment - culinary flair.

\_\_\_\_\_ 25 Does this recipe have consumer appeal? (i.e., cost per serving and ease of preparation.)

\_\_\_\_\_ 20 Overall appearance. (Table display, side dishes, meat dish, neatness of cooking area.)

\_\_\_\_\_ 100 Total Possible Points.

\_\_\_\_\_  
Judge's Signature

### NOTE:

Showmanship is judged separately from the Iowa Meat Category judging.



# Handle Food Safely

## Never had food poisoning?

Perhaps you have, but thought you were sick with the flu. Over 7 million Americans will suffer from foodborne illness this year.

## Why so many?

At the right temperature, bacteria you can't see, smell, or taste can multiply to the millions in a few short hours. In large numbers, these microorganisms cause illness.

## You don't have to get sick.

Some 85 percent of food-borne illness cases could be avoided if people handled food properly.

## When shopping...

### Buy cold food last, get it home fast!

✓Make grocery shopping your last errand. Select frozen and refrigerated foods last. Take food straight home to the refrigerator. Never leave food in a hot car!

✓Don't buy anything you won't use before the use-by-date.

✓Don't buy food in poor condition. Make sure refrigerated food is cold to the touch. Frozen food should be rock-solid. Packaged and canned foods should be intact and undamaged.

## When storing food...

### Keep it safe – refrigerate!

✓To help control bacteria, keep your refrigerator as cold as possible without freezing milk or lettuce – generally 40°F. Check the temperature with an appliance thermometer (available at variety or hardware stores).

✓Freeze fresh meat, poultry, or fish immediately if you can't use it within a few days. Keep freezer units at 0°F.

✓Put packages of raw meat, poultry, or fish on a plate before refrigerating so their juices won't drip on other food. Raw juices often contain bacteria.

## Iowa State University

University Extension

✓When you cook ahead, divide large portions of food into small, shallow containers for safe, rapid cooling.

## When preparing food...

### Keep everything clean!

#### Thaw in refrigerator!

✓Wash hands in hot, soapy water before preparing food and after using the bathroom, changing diapers, and handling pets.

✓Bacteria can live in kitchen towels, sponges, and cloths. Wash them often.

✓Keep raw meat, poultry, and fish and their juices away from other food. For instance, wash your hands, cutting board, and knife in hot, soapy water after cutting up the chicken and before dicing salad ingredients.

✓Use plastic cutting boards rather than wooden ones where bacteria can hide in grooves.

✓Thaw food in the microwave or refrigerator, NOT on the kitchen counter where bacteria can grow in the outer layers of the food before the inside thaws. Marinate in the refrigerator, too.

## When cooking...

### Cook thoroughly!

✓Eating raw or partly cooked meat, poultry, fish, or eggs is potentially dangerous. Thorough cooking is needed to kill harmful bacteria that may be present in raw animal products. From a safety standpoint, hamburger that is red in the middle and steak and roast beef that are rare or medium-rare are undercooked.

✓Cook red meat to 160°F. Cook poultry to 180°F. Use meat thermometer to check that it's cooked all the way through.

✓For a visual check, red meat is done when it's brown or grey inside. Poultry juices run clear. Fish flakes with a fork.

✓Cook ground beef until no longer pink and juices show no pink color. Internal temperature should be 160°F. Beef roasts and steaks should be well browned on the surface, but the interior may be pink when cooked to 145°F (medium rare).

✓Salmonella – bacteria can grow inside fresh, unbroken eggs. To avoid problems, cook eggs until the yolk and white are firm, not runny. Scramble eggs to a firm texture. Don't use recipes in which eggs remain raw or only partially cooked.

## Use microwave carefully!

The microwave is a great timesaver, but it has one food safety disadvantage – it sometimes leaves cold spots in food. Bacteria can survive in these spots.

✓Cover food with a lid or plastic wrap so steam can aid thorough cooking. Wrap should not touch food and should be vented by turning back a corner.

✓For even cooking, stir food and rotate the dish during cooking.

✓Observe the standing time called for in a recipe or package directions. This allows the food to finish cooking.

✓Use the oven temperature probe or a meat thermometer to check that food is done. Insert it in several spots.

## When serving...Keep hot foods hot and cold foods cold!

✓Never leave perishable food out of the refrigerator over 2 hours! Bacteria that can cause food poisoning grow quickly at warm temperatures.

✓Use clean dishes and utensils, not those used in preparation. Serve grilled food on a clean plate, too – not one that held raw meat, poultry, or fish.

✓Pack lunches in insulated carriers with a cold pack. Caution children never to leave lunches in direct sun or on a warm radiator.



✓Carry picnic food in a cooler with a cold pack. When possible, put the cooler in the shade. Keep the lid on as much as you can.

✓Keep cold party food on ice or bring out small platters from the refrigerator as needed.

✓Divide hot party food into smaller serving platters. Keep platters refrigerated until time to warm them up for serving.

#### **When handling leftovers...**

##### **Use small containers for quick cooling!**

✓Divide large amounts into small, shallow containers for quick cooling in the refrigerator. Don't pack the refrigerator – cool air must circulate to keep food safe.

✓Remove stuffing from poultry or other stuffed meats and refrigerate in separate containers.

##### **Reheat thoroughly!**

✓Bring sauces, soups, and gravy to a boil. Heat and stir other leftovers to 165°F.

✓Make sure leftovers are heated thoroughly when using the microwave. Use a lid or vented plastic wrap to ensure uniform heating.

#### **When you question food safety...If in doubt, throw it out!**

✓Never taste food that looks or smells strange to see if you can still use it. Discard it where pets and children cannot reach it.

✓Is it moldy? The poisons that molds can form are found under the surface of the food. Most moldy food should be discarded. Sometimes, hard cheese and salamis and firm fruits and vegetables can be salvaged by cutting out the mold and a large area around it.

#### **Check your freezer**

✓Without power, a full upright or chest freezer will keep everything frozen for about 2 days. A half-full freezer will keep food frozen 1 day.

✓If power will be coming back on fairly soon, you can make the food last longer by keeping the door shut as much as possible?

✓If power will be off for an extended period, take food to friends' freezers or a commercial freezer. Dry ice can be used; follow handling directions carefully.

#### **Check your refrigerator – freezer combination.**

✓Without power, the refrigerator section will keep food cool 4 to 6 hours, depending on the kitchen temperature.

✓A full, well-functioning freezer unit should keep food frozen for 2 days. A half-full freezer unit should keep things frozen about 1 day.

✓Block ice can keep food on the refrigerator shelves cooler.

✓Dry ice can be added to the freezer unit. You can't touch dry ice and you shouldn't breathe the fumes, so follow handling directions carefully.

#### **Thawed food?**

✓Food that still contains ice crystals or that feels refrigerator-cold can be refrozen.

✓Discard any thawed food that has warmed to room temperature and remained there 2 hours or more.

✓Immediately discard anything with a strange color or odor.

#### **When to worry...Is it food poisoning?**

✓Nausea, vomiting, diarrhea, fever, or cramps can indicate food poisoning. Depending on the illness, symptoms can appear anywhere from 30 minutes to 2 weeks after eating bad food. Most often, though, people get sick within 4 to 48 hours.

✓In more serious cases, food poisoning victims may have nervous system problems like paralysis, double vision, or trouble swallowing or breathing.

✓If symptoms are severe or the victim is very young, old, pregnant, or already ill, call a doctor or go to the hospital right away.

#### **Should you report it?**

✓You or your physician should report serious cases of foodborne illness to the local health department.

✓Report any food poisoning incidents if the food involved came from a restaurant or commercial outlet. Give a detailed, but short account of the incident. If the food is a commercial product, have it in hand so you can describe it. If you're asked to keep the food refrigerated so officials can examine it later, follow directions carefully.